

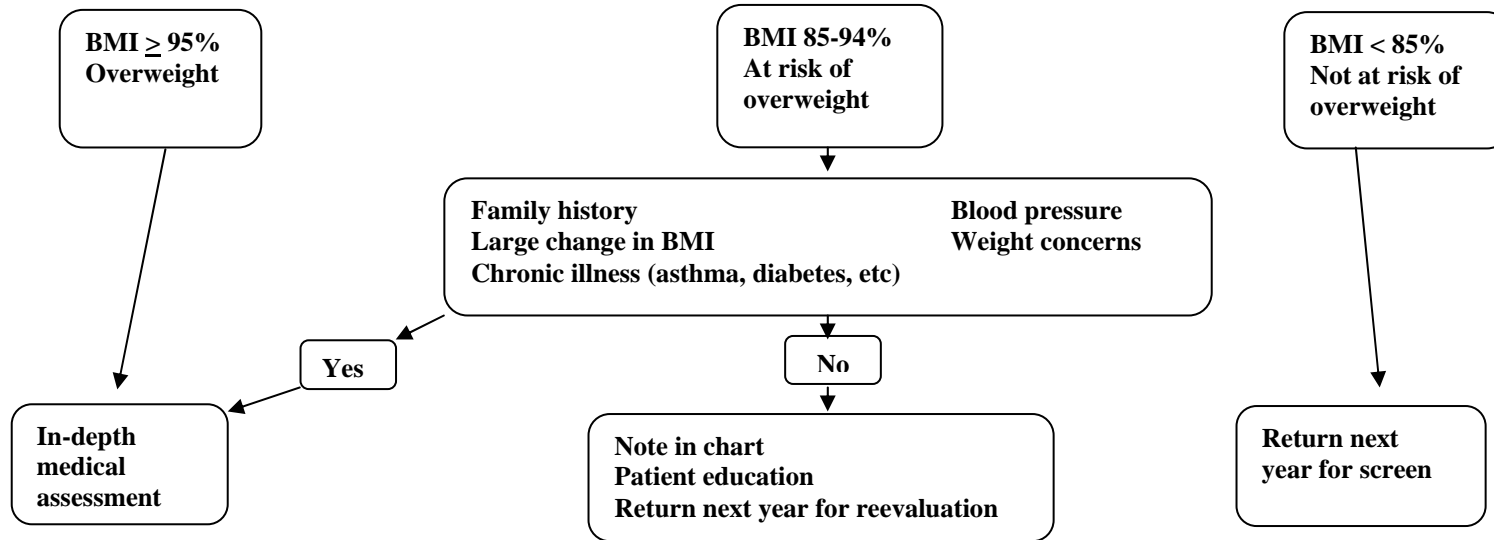
Classification of Overweight and Obesity by BMI, Waist Circumference and Associated Disease Risk* and Treatment Guidelines for Adults						
Disease Risk* Relative to Normal Weight and Waist Circumference						
		BMI (kg/m ²)	Obesity Class	Men ≤102 cm (≤ 40 in.) Women ≤88 cm (≤ 35 in.)	Men >102 cm (>40 in.) Women >88 cm (>35 in.)	Treatment Guideline
Underweight		18.5		-----		Encourage healthy nutrition & physical activity habits to gradually gain weight.
Normal+		18.5 - 24.9		-----		Brief reinforcement/educate on weight management.
Overweight		25.0 - 29.9		Increased		Advise to maintain weight/address other risk factors.
		25.0 - 29.9			High	If patient wants to loose weight, clinician and patient devise goals and treatment strategy (diet, physical activity, and behavior therapy) for weight loss and risk factor control. Consider pharmacotherapy if BMI 27.0-29.9. If doesn't want to lose weight, advise weight maintenance and address risk factors.
Obesity		30.0 - 34.9	I	High		Clinician and patient devise goals and treatment strategy for weight loss and risk factor control to include diet, physical activity, and behavior therapy. Consider pharmacotherapy if patient has not lost 1#/week after 6 months of lifestyle therapy.
		30.0 - 34.9	I		Very High	Same as above.
		35.0 - 39.9	II	Very High	Very High	Same as above. Consider surgery with co-morbidities.
Extreme Obesity		≥40	III	Extremely High	Extremely High	Same as above.

* Disease risk for type 2 diabetes, hypertension, and CVD.

+Increased waist circumference can also be a marker for increased risk even in persons of normal weight.

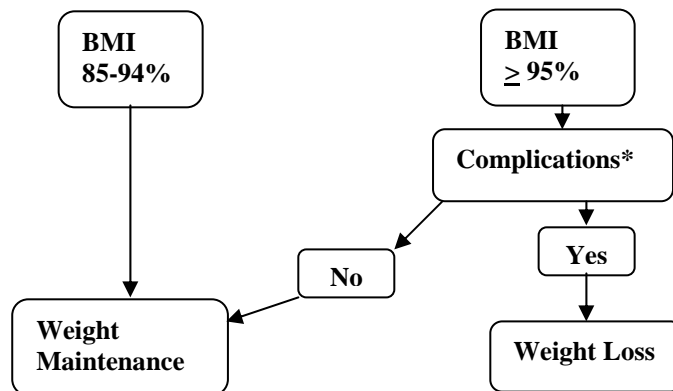
Source: NHLBI

Pediatric Overweight Screen

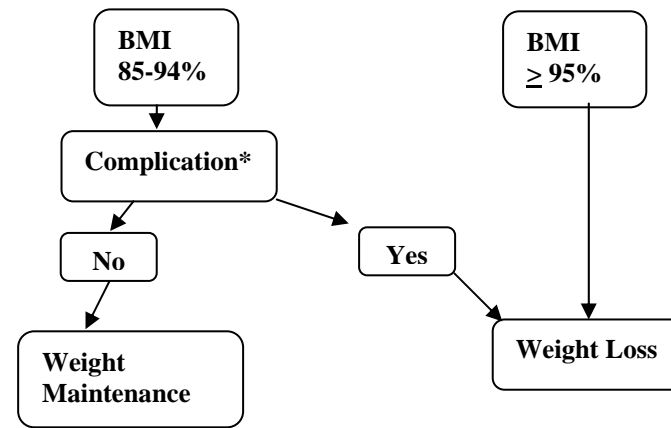


Source: Himes and Dietz, American Journal of Clinical Nutrition, 1994.

2 – 7 years old



7 years or older



Complications* such as mild hypertension, dyslipidemia, and insulin resistance.

Source: Barlow and Dietz, AAP, 1998.